



energy bites

SERVINGS

12 energy bites

TIME

20 minutes total

INGREDIENTS

- 1 cup oats (use gluten-free if needed)
- 2/3 cup unsweetened coconut
- 1/2 cup ground flaxseed
- 1/2 cup peanut butter (sunflower seed butter or almond butter also work well)
- 1/2 cup semi sweet chocolate chips
- 1/3 cup honey
- 1 teaspoon vanilla

DIRECTIONS

- Mix all of the ingredients together in a medium size bowl with a spatula.
- Roll them into balls using a small ice-cream scoop or a spoon + your hands.
- Refrigerate any that you don't eat right away!

EQUIPMENT

- Medium bowl + spatula
- Dry measuring cups and measuring spoons
- Small ice-cream scoop or spoon

TIPS TO INVOLVE THE KIDS

- Wash your hands!
- Designate an area to get a bit messy. Take all ingredients out ahead of time.
- Have your child measure out the ingredients, add them to the bowl, and stir.
- Help your child roll them into balls.

EXTRA!

- Feel free to substitute different ingredients to try different flavors.
- Crispy Energy Bites: Add a cup of crisped rice cereal for a nice crunch!
- Pumpkin Energy Bites: Add 1/2 cup pumpkin and some pumpkin pie spice.
- S'mores Energy Bites: Substitute crushed graham crackers for the oats, and chopped marshmallows for the coconut.

